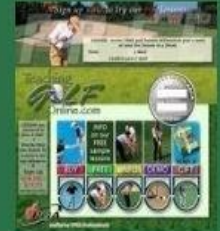
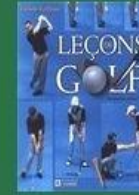
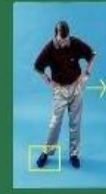




Claude LeBlanc

The best exercise for golfers is golfing! – Bobby Jones



ATELIER DE GOLF AVEC CLAUDE LEBLANC



Teaching **GOLF** Online.com

LESSONS are delivered to your e-mail.

Step by Step you receive 32 lessons in ten key categories

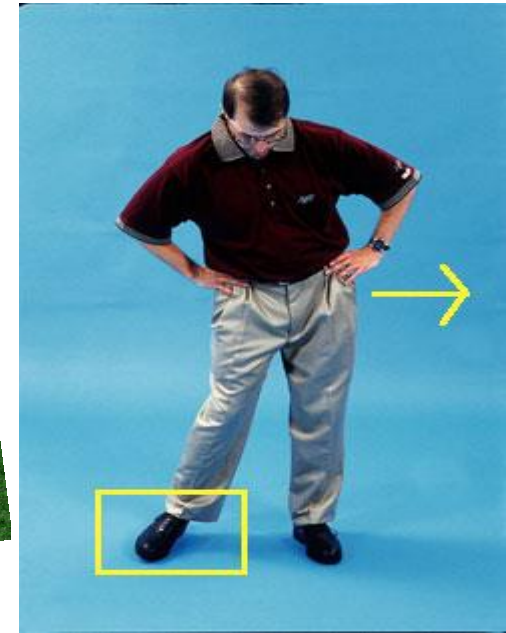
Sign up NOW ONLY \$24.95 Introductory Price

Sign up for FREE sample lessons

BUY FREE INFO DEMO SEND A GIFT

MEMBER'S LOGIN AREA
USER NAME:
PASSWORD: GO
Forgot your password? [CLICK HERE](#)

PGA
staffed by PGA Professionals





HORAIRE



- Introduction
- Les 5 éléments pré-coups
 - Alignement
 - Position des pieds
 - Position de la balle
 - Posture
 - Prise
- L'élan
 - Bas du corps – distance
 - Haut du corps – direction & distance
- Éducatifs
 - Transfert de poids –distance
 - ``Plan de l'élan`` –direction
 - Éducatifs...
- Les cinq élans
 - Plein élan
 - Coup roulé
 - Coup coché (Chipping)
 - Lob (Pitching # 1)
 - Lob (Pitching # 2)
- Routine
- Teaching Golf Online
 - Accès au site web: www.teachinggolfonline.com

Atelier:

Coût: 50.00 \$

Inclus:

- ✓ 3 heures d'instruction
- ✓ Accès au site web: www.TeachingGolfOnline.com
- ✓ Pratique gratuite au Terrain de Golf Carleton

**Vous devez apprendre à marcher
avant de pouvoir courir.**



INTRODUCTION



Claude LeBlanc
Membre de L'APG du Canada
(506) 759-9433 Maison
(506) 478-2385 Cellulaire
claudeleblanc1962@gmail.com



**ANALYSE VIDEO DE VOTRE ÉLAN
AVEC LE LOGICIEL V1**



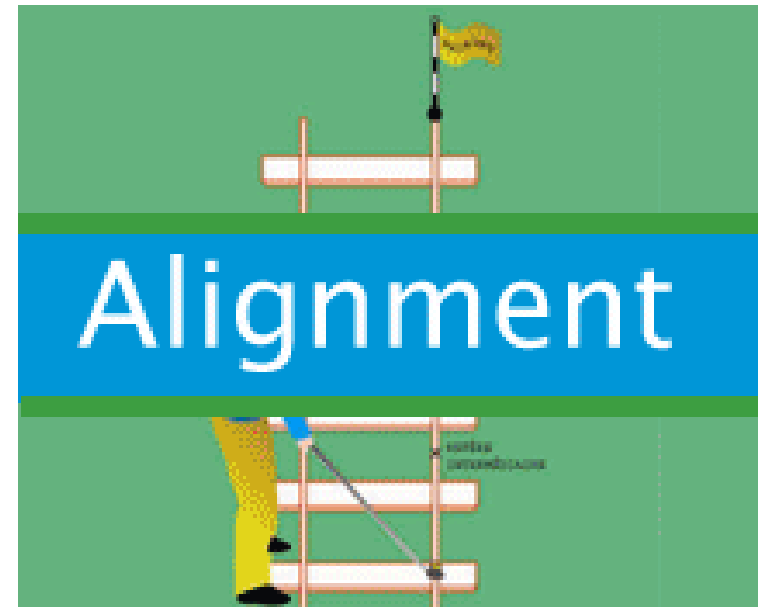


LES 5 ELEMENTS PRÉ-COUPS



Pour voir la video, clique sur l'image

- **Alignement**
- **Position des pieds**
- **Position de la balle**
- **Posture**
- **Prise**





LES 5 ELEMENTS PRÉ-COUPS



➤ 1- Alignement



Pour voir la video, clique sur l'image

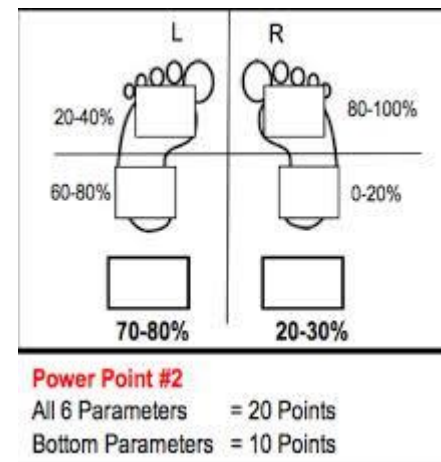




LES 5 ELEMENTS PRÉ-COUPS



➤ 2- Position des pieds



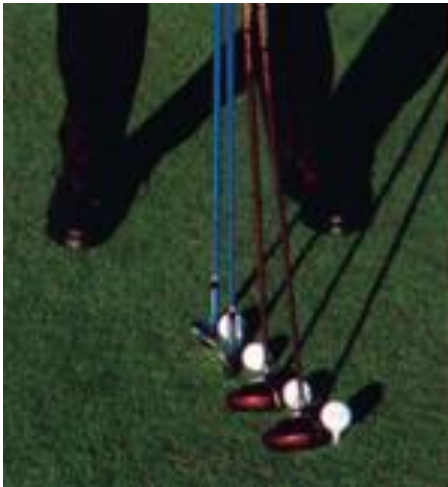


LES 5 ELEMENTS PRÉ-COUPS



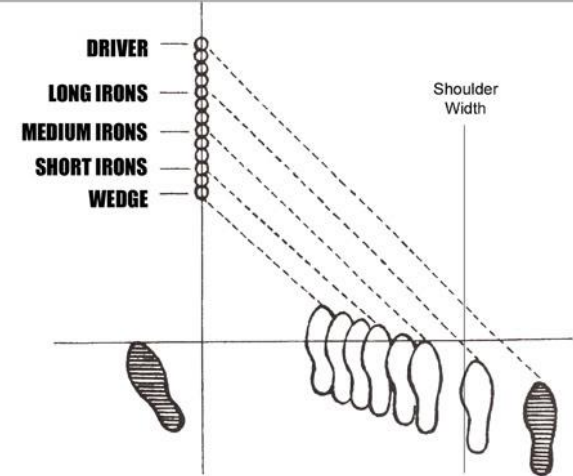
➤ 3- Position de la balle

2 écoles de pensées



Perfect Practice

Ben Hogan's Set Up from Five Fundamentals, 125

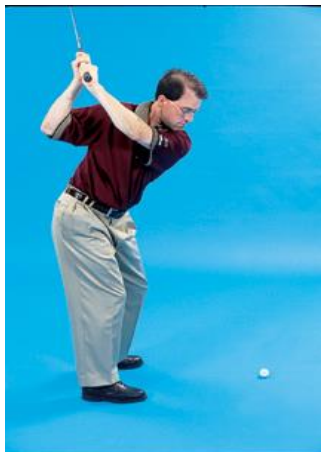




LES 5 ELEMENTS PRÉ-COUPS



➤ 4- Posture - La partie la plus négligée du golf.



Ne sortir pas de
votre position
durant l'élan.



Maintenir votre
posture durant
tout l'élan.



LES 5 ELEMENTS PRÉ-COUPS



➤ 5- La prise





L'ÉLAN



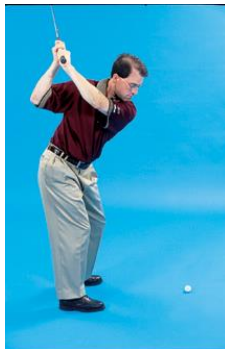
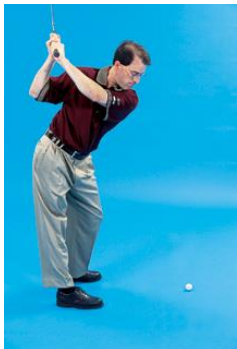
Pour voir la video, clique sur l'image



➤ 1- Le bas du corps Body - Distance



➤ Éducatif Chaise



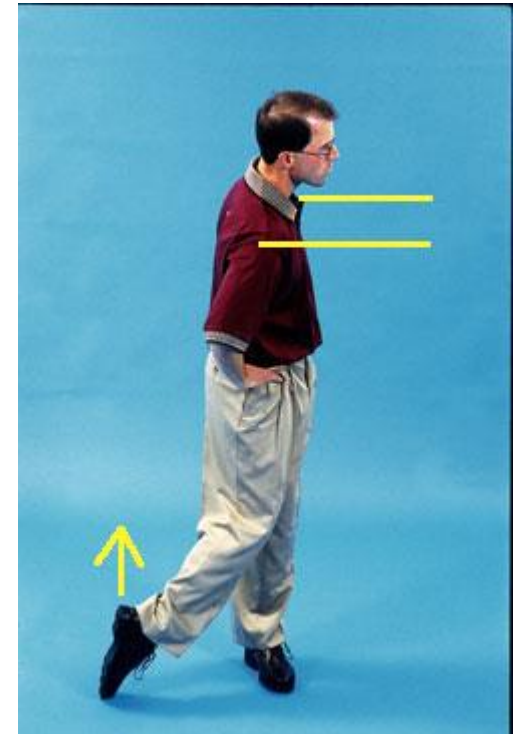
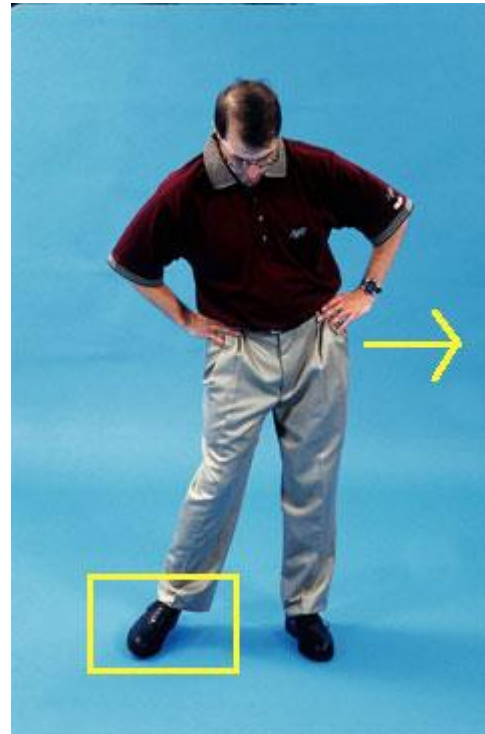
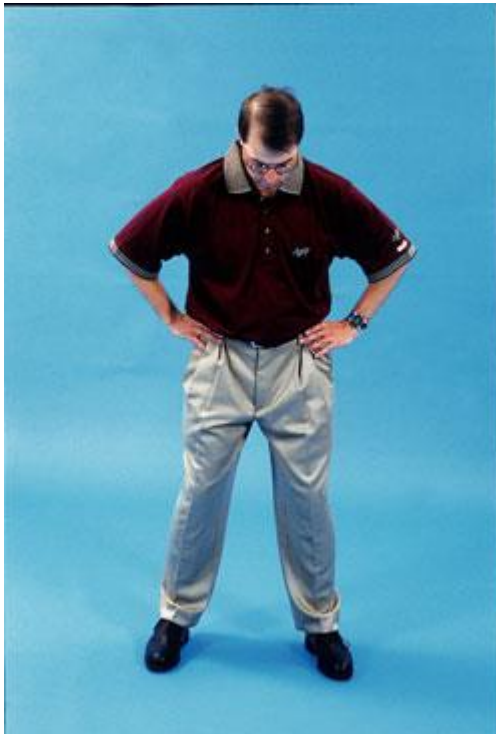


L'ÉLAN



➤ 1- Le bas du corps – Distance & Direction

Pour voir la video, clique sur l'image



Éducatif: Transfert de Poids

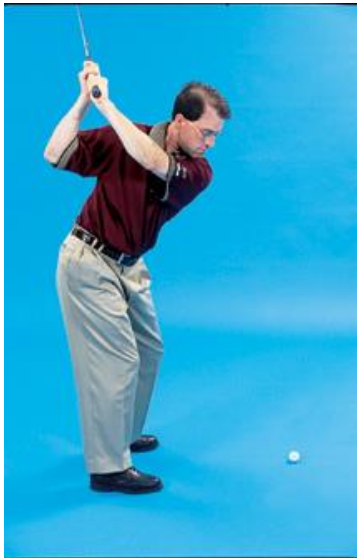


L'ÉLAN



➤ 1- Le bas du corps – Action des jambes

**Le bon mouvement des jambes
produit un meilleur élan.**



**Ne sortir pas de votre
position durant l'élan.**



L'ÉLAN



➤ 2- Le Haut du Corps – Direction & Distance



Les mains loin du corps durant l'élan.

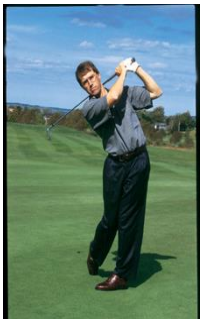
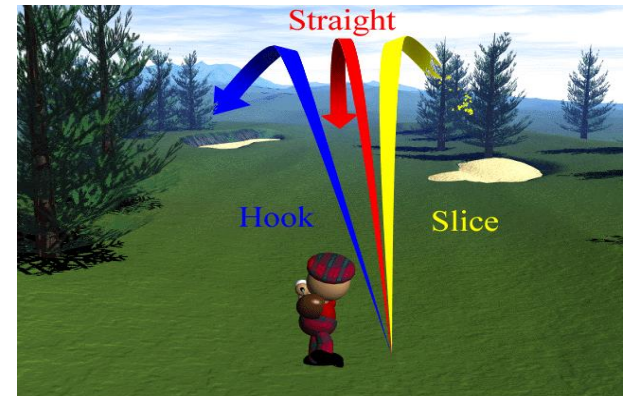


L'ÉLAN



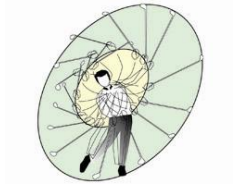
➤ 2- Le haut du corps – Direction & Distance

“Éliminez une “Slice” – Qu’est-ce une slice au golf?”



➤ Pression de la prise

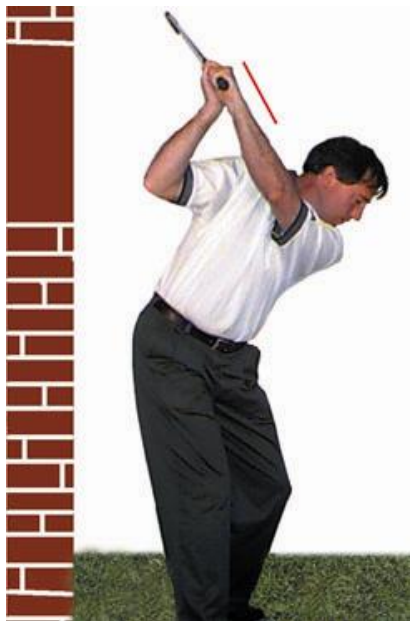




L'ÉLAN



➤ 2- Le haut du corps – Direction & Distance



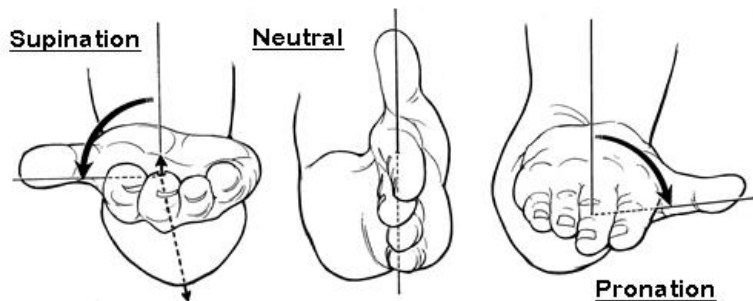
➤ Éducatif du Mur



L'ÉLAN



➤ 2- Le haut du corps – Direction & Distance



➤ Pronation des mains



L'ÉLAN



VIDEO



➤ 2- Le haut du corps – Direction & Distance

Downswing:

- Pulling with LEFT ARM
- Not Pushing with RIGHT ARM
- 90 degree rule



NOTE #1

Hitting ball in the air:

- Pulling (SENSATION) with LEFT ARM

Rolling the ball on the ground:

- Pushing (SENSATION) with RIGHT ARM



L'ÉLAN



➤ Drill – 90 degree rule



By doing this drill,
you will be
increasing your club
head speed at
impact thus
increasing your
distance.

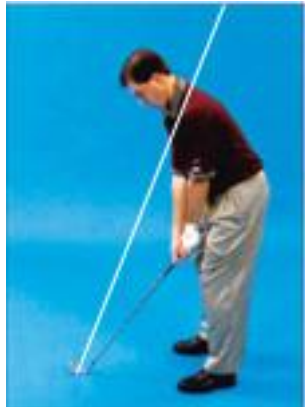
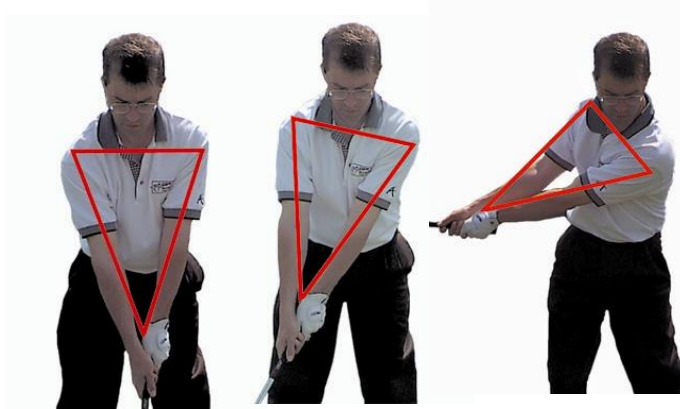




L'ÉLAN



➤ Triangle, Wrists and Plane:



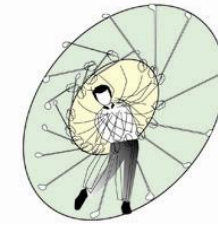
A golf swing can not function effectively without keeping the swing within the boundaries of the swing plane.



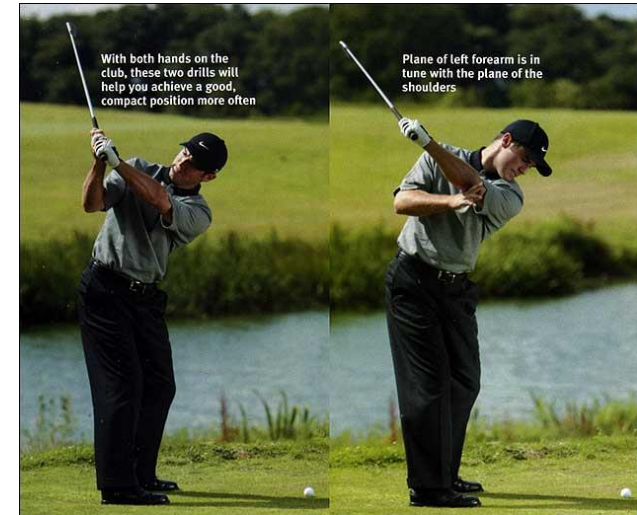
The swing plane can be pictured as an imaginary line drawn from the toe of the club up over your shoulders in the address position. You can envision the plane as a flat surface (a pane of glass). You do not want to break the glass while swinging the club.



L'ÉLAN



➤ Swing Plane:



➤ Work on your plane.

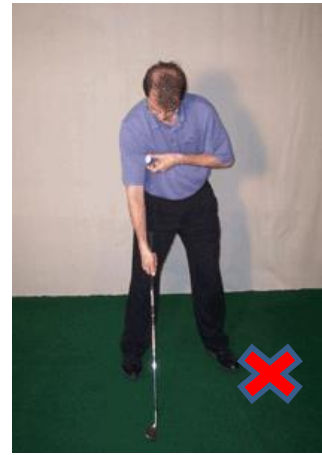
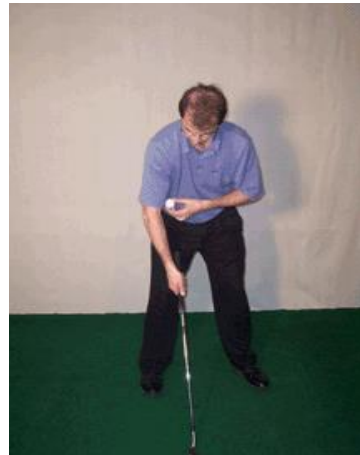


L'ÉLAN



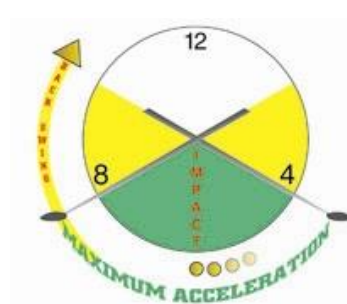
The Backswing

- The Right Elbow
- The Head
- Speed



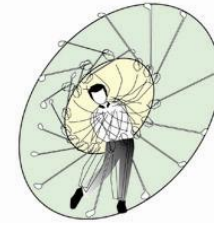
The Mirror:

The forward swing is the mirror of the backswing. Take your time and execute a good backswing with control and if you can finish your forward swing in balance your chances of hitting a good shot will improve.





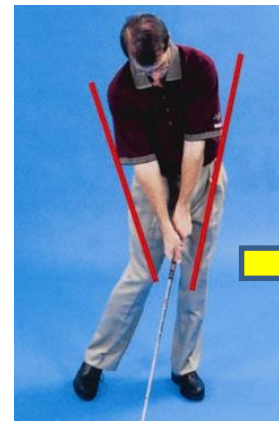
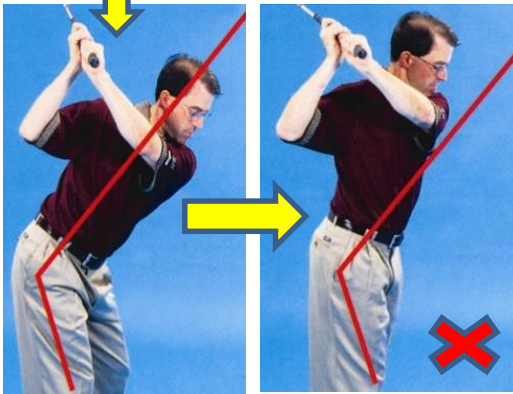
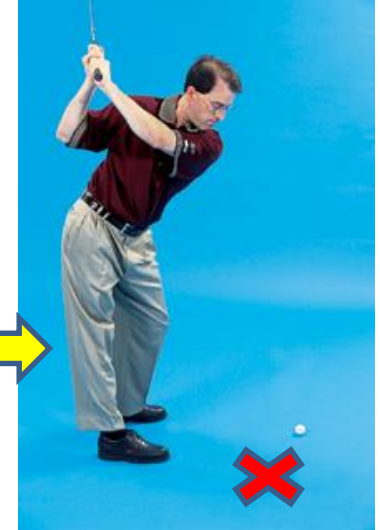
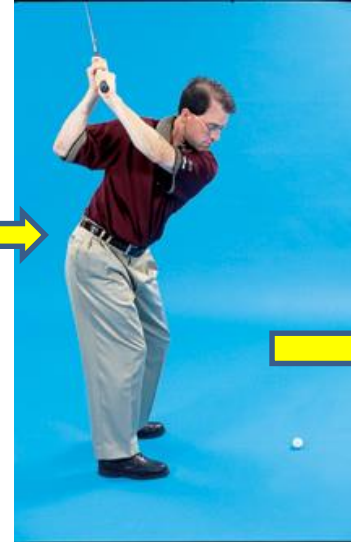
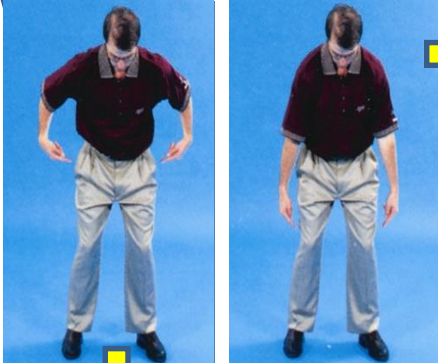
L'ÉLAN



Topping the ball?

- Hips
- Knees
- Elbows

Reason is, you are getting out of POSTURE.



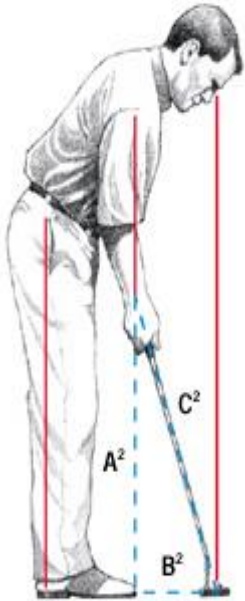


PUTTING



➤ Putter Length:

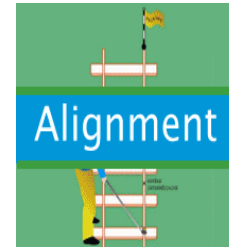
VIDEO



70% of putters are too long.



PUTTING



➤ Alignment:



➤ Aim at target.



PUTTING

➤ Ball Position & Feet Position



Ball Position:

- Ball close to feet
- Eyes over ball

Feet Position:

- PREFERENCE
- YOUR CHOICE:
 - OPEN
 - SQUARE
 - CLOSE



Posture:

- PREFERENCE



PUTTING

➤ The Putting Grip:



- **Grip:**
- **PREFERENCE**
- **Reverse Overlapping**

➤ **Results:**
**When missing the target, is it
RIGHT OR LEFT?**

Bigger the grip, less turning of hands





PUTTING

➤ **Putting Stroke:**

➤ **Swing: Straight Back & Straight Through**



NOTE #2

Hitting ball in the air:

➤ **Pulling (SENSATION) with LEFT ARM**

Rolling the ball on the ground:

➤ **Pushing (SENSATION) with RIGHT ARM**



PUTTING

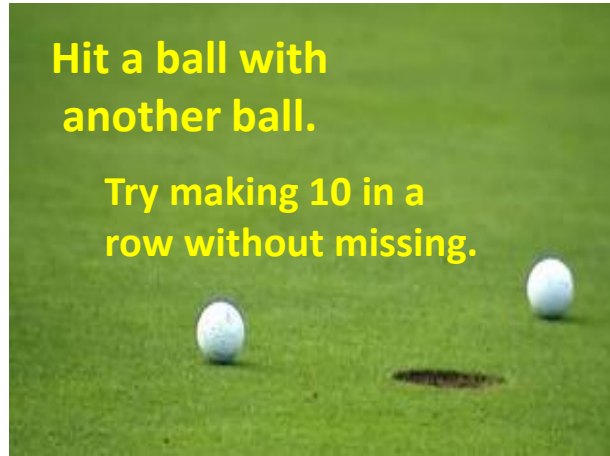
- Drills:
- Distance Drill
- Direction Drill

What is more important in putting?

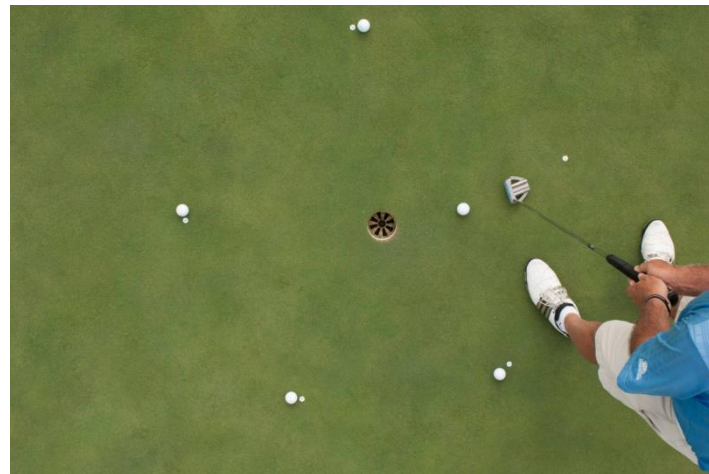


Hit a ball with another ball.

Try making 10 in a row without missing.



- Distance *
- or
- Direction

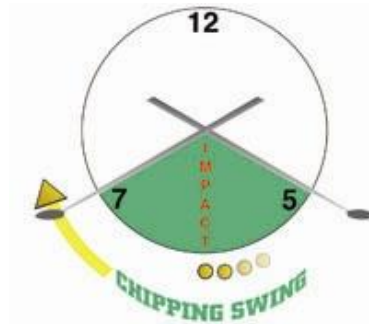




CHIPPING

➤ Tips:

- Weight on front foot, this keeps the ball low and creates overspine when executing the shot.
- Choke down on the club, get closer to the ball with feet.
- Do not break wrists during downswing.



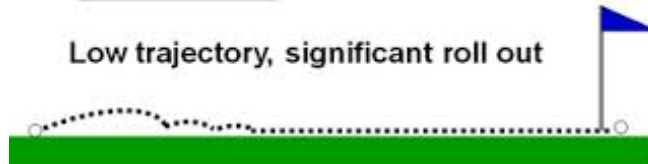


CHIPPING

What club to use?

Chip Shots

Low trajectory, significant roll out



VIDEO



The short game:
(Chipping or Putting?)

When very close to the green but not on the putting surface, should you use your iron or your putter to make the shot?

This depends on the golfer's PREFERENCE.



Examples:

15 feet, I will use a Sand Wedge.

25 feet, I will use a PW iron.

35 feet, I will use a 9 iron.

45 feet, I will use a 8 iron.

55 + feet, I will use a 7 iron.

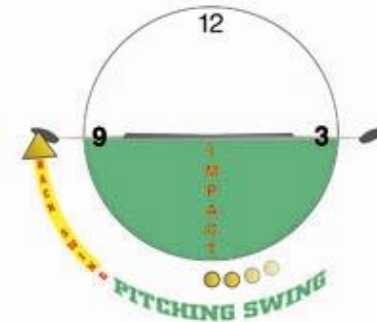


PITCHING

1- Pitch & Run:

- 9 to 3 swing
- No breaking of wrists
- Extension of arms can help
- SW (Sand Wedge) good to use

VIDEO





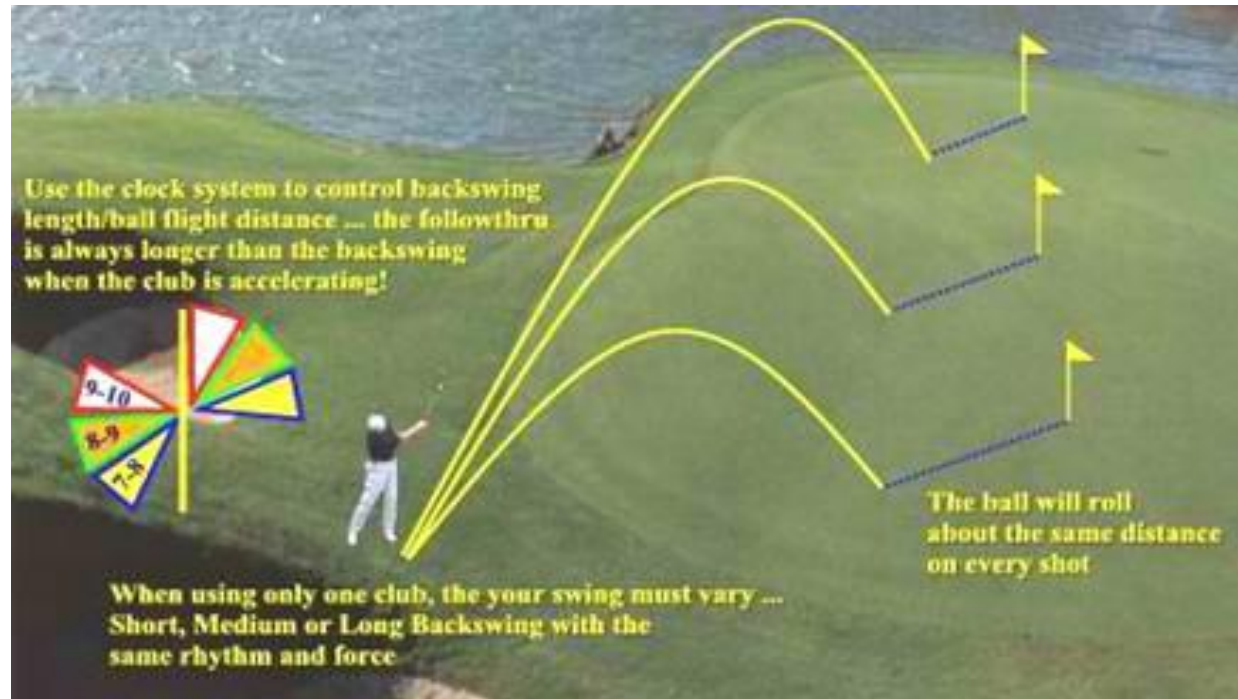
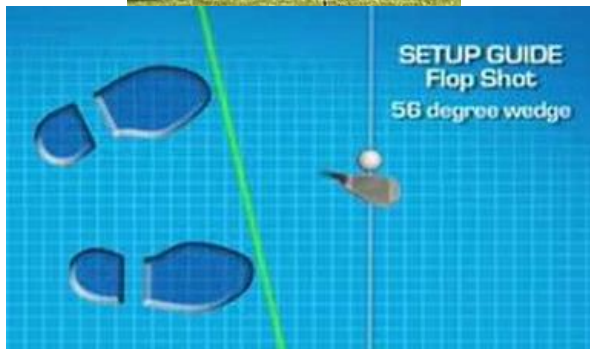
PITCHING

2- Lob Shot: Up & Down Shot

- Open Club Face
- Breaking of Wrists or Not (PREFERENCE)
- Wider Stance
- SW 56, 60, 64 Degrees



To see video, click on video image





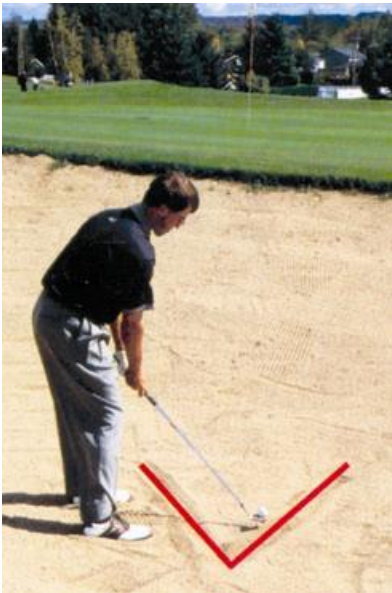
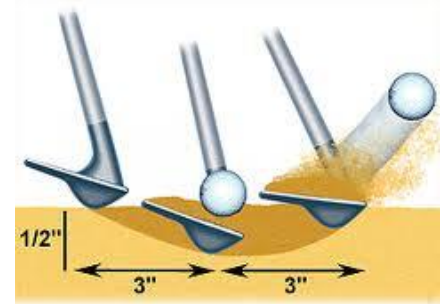
SAND SHOT



Sand Play



- Open clubface
- Open stance
- Hit sand first
- PREFERENCE: Passive hands during swing
- Finish your swing
- Club pointing upwards



Circle Drill:





UPHILL LIE- DOWNHILL LIE

BALL BELOW FEET – BALL ABOVE FEET



Page 34

Uphill, Downhill & Sidehill: **UPHILL & DOWNHILL LIE**



- Align shoulders, hips, knees with slope.
- Use less lofted club—uphill lie promotes higher trajectory and shorter distance.
- Keep most weight on back foot.
- Swing along slope—maintain balance.



- Align shoulders, hips, knees with slope.
- Use more lofted club—downhill lie promotes lower trajectory and more distance.
- Keep most weight on front foot.
- Swing along slope—maintain balance.

Page 35

Uphill, Downhill & Sidehill: **SIDEHILL LIE**



- Grip down on club.
- Adopt more upright set-up/spine angle.
- Ball will tend to fly left—aim right of target.
- Move ball further back in stance.



- Use full length of club.
- More spine tilt than normal-maintain spine angle throughout shot.
- Ball will tend to fly right—aim left of target.
- Keep backswing short—use one more club.



ROUTINE

Here is a sample routine you may try:

Step 1:

Visualization and a positive mental attitude are key elements to making a good shot.

Planning your shot:

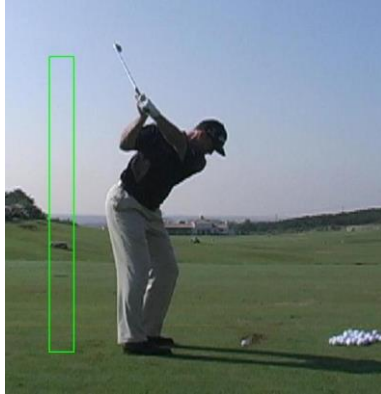
1. Identify the target.
2. Check the wind to see how it will affect the ball flight.
3. Check your lie: is the ball sitting up or is it in longer grass which may cause a flyer (longer carry due to less backspin and more roll upon landing).
4. Choose the appropriate club for the shot.
5. Visualize in your mind the end result.



Finally, place your hands on the club, take a practice swing if you wish, **VISUALIZE** the result you want, then make your swing.

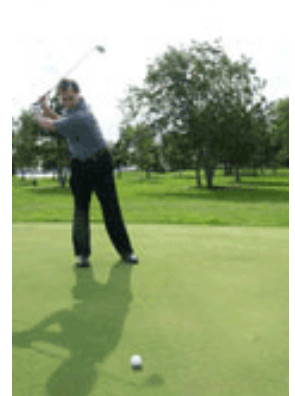


DRILLS



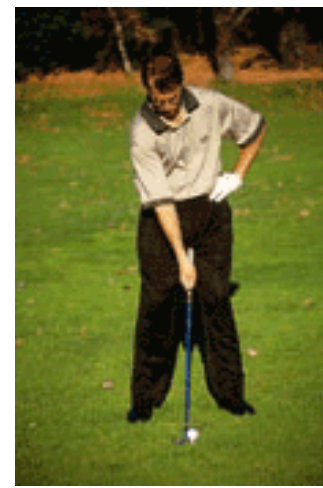


DRILLS





DRILLS



Instructor places his club behind the players head. The player makes the backswing. This will help the player realize how far his or her backswing goes.





TEACHINGGOLFOFFLINE.COM



Teaching **GOLF** Online.com

LESSONS are delivered to your e-mail.

- Step by Step you receive 32 lessons in ten key categories
- Sign up **NOW ONLY \$24.95** Introductory Price

MEMBER'S LOGIN AREA

USERNAME:

PASSWORD:

GO

Forgot your password? [CLICK HERE](#)

Sign up for **FREE** sample lessons

BUY FREE INFO DEMO GIFT

SEND A GIFT

PGA
staffed by CPGA Professionals

Giving you **FREE** access to my web site:

Go to: www.teachinggolfonline.com

Thank you for participating. More seminars to come.

Please check dates & locations on my web site: www.claudeleblanc.ca



Teaching **GOLF** Online.com *for all aspects of the game*

PGA
Staffed by CPGA Professionals

BUY LESSONS NOW PRO INTERVIEWS ABOUT US HELP

Welcome to TeachingGolfOnline.com

Claude LeBlanc

Enseignant Professionnel de Golf
Membre de L'AGP du Canada
(506) 478-2385 Cellulaire
claudeleblanc1962@gmail.com
www.teachinggolfonline.com

Service in English

PGA

Claude LeBlanc

(506) 759-9433 (Home)

(506) 478-2385 (Cell.Work)

PGA of Canada Member

E-Mail: claudeleblanc1962@gmail.com